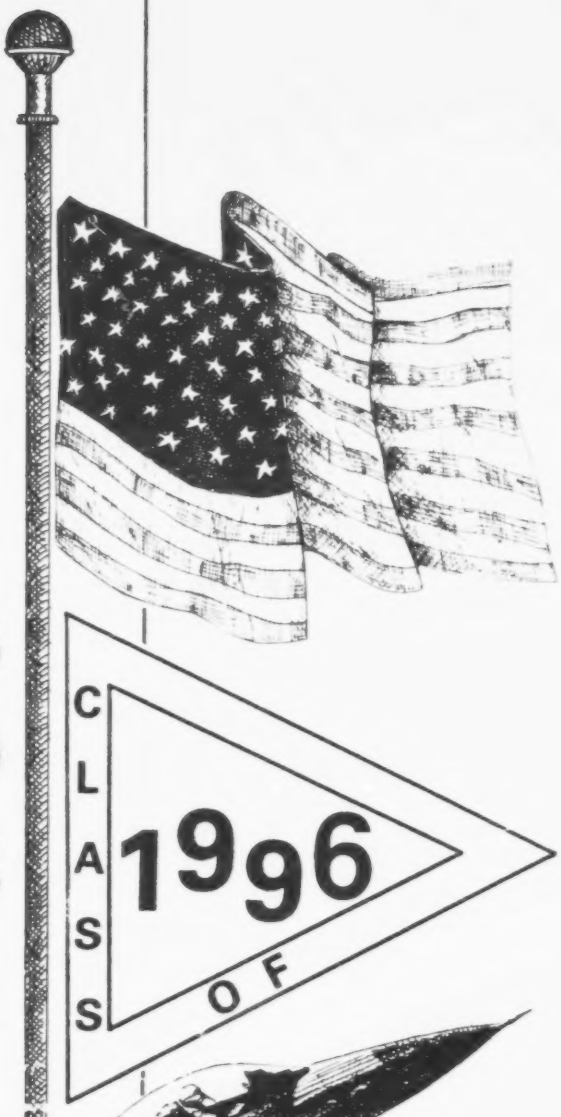
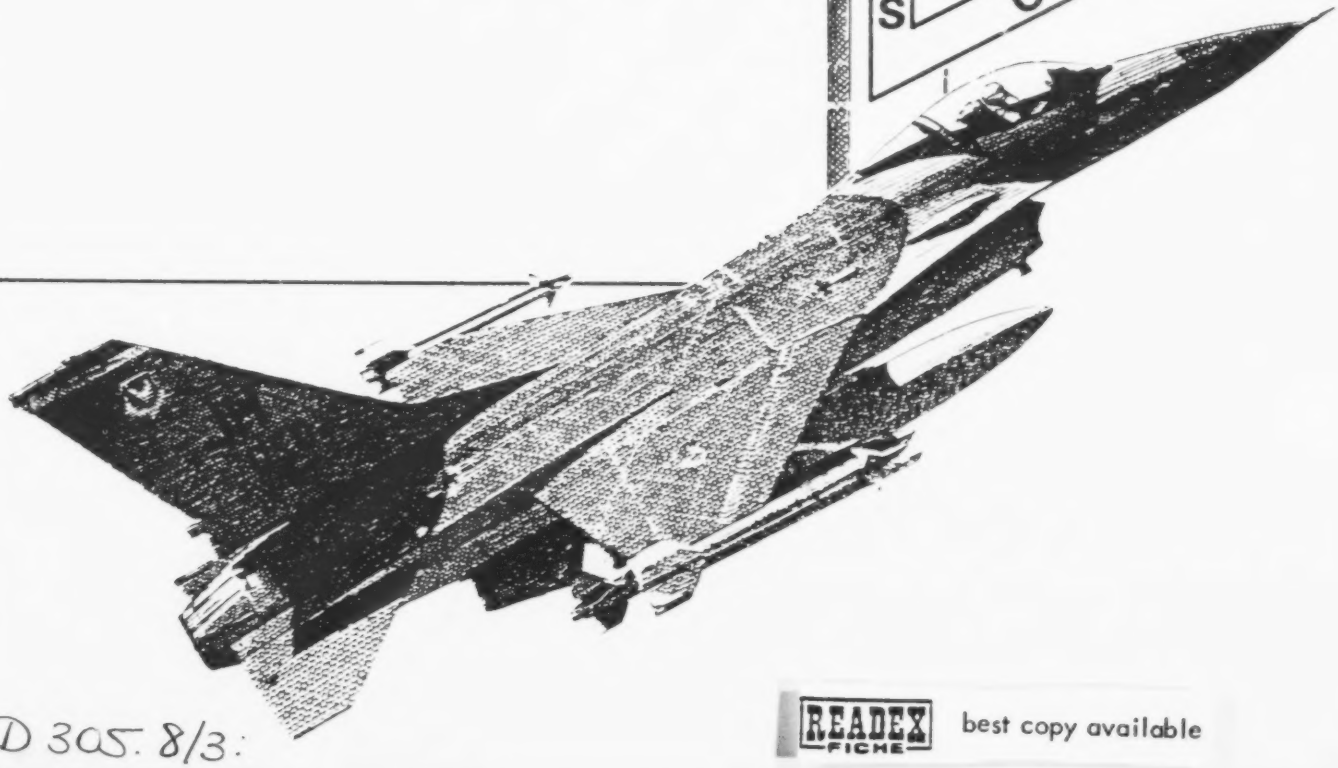
996

# INSTRUCTIONS TO APPLICANTS



D 305.8/3:

READEX FICHE best copy available

# Mission and Purpose

The mission of the Air Force Academy is to provide instruction and experience to all cadets so they graduate with the knowledge, character and motivation essential to leadership as career officers in the United States Air Force. The purpose of the Air Force Academy is to produce career Air Force officers devoted to duty, honor and country. Graduates of the Air Force Academy enter the Air Force with a unique combination of experiences--military, athletic, academic, ethical--designed to produce leaders with a special set of qualities.

## Knowledge

* Officers who have the skills provided by a sound and balanced undergraduate academic curriculum and the ability to formulate problems and devise and implement solutions in diverse and ambiguous situations.

* Officers with a firm understanding of the role of the military in society, the history and traditions of their service, and an appreciation of military customs and courtesies.

* Officers who can meet the varied challenges that are traditionally the calling of the military, including the ability to communicate and work effectively and compassionately with others.

## Character

* Officers with high moral standards who recognize the ethical aspects of situations, determine the right thing to do and then do it.

* Officers who have the self-discipline, adaptability, stamina and courage to perform duty responsibly in both routine activities and the extreme and prolonged conditions of risk and stress that occur in the national defense.

* Officers who subordinate themselves to the service of their country, the Air Force and their unit in war and peace.

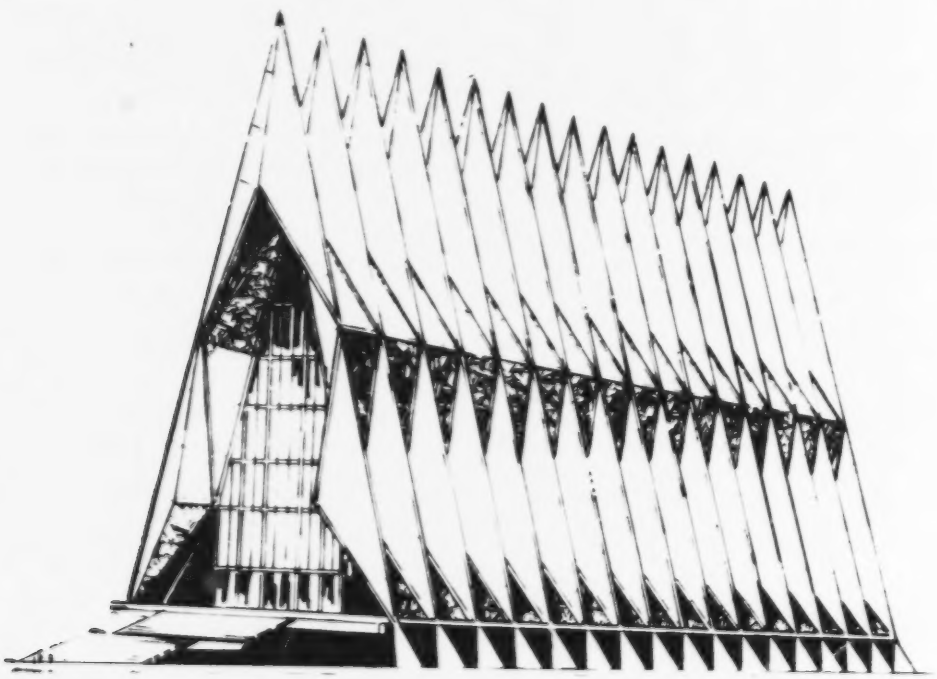
## Motivation

* Officers who inspire pride in the unit and are predisposed to a career in the Air Force and a lifetime of service to the nation.

* Officers who are committed to lifelong personal and professional development and growth.

# Table of Contents


| | Page |
|---|---|
| Application Instructions | 1 |
| Application Evaluation | 3 |
| Nomination Categories and Sample Letter Formats | 4 |
| CFT Preparation Guidelines | 8 |
| Pull-ups | 8 |
| Sit-ups | 9 |
| Push-ups | 10 |
| Shuttle Run | 11 |
| Medical Examination and Waivers | 12 |
| Applicant Time Table | 13 |
| Contacting Your Counselor | 13 |
| Commitment | 14 |

Dear Student

I am pleased to provide you with the information you have requested about the United States Air Force Academy. Application to the Academy is basically the same as applying to any other college or university, except you'll need a nomination to complete the process.

Don't let this deter or worry you, because we'll provide adequate guidance for you to request a nomination. In fact, in this booklet we provide letter formats for the various nominating sources open to you.

Please read the instructions carefully and complete the application as soon as you can. If possible, do not leave any **"REQUIRED"** items blank, as this will delay evaluating your application.

If you need assistance, contact the Admissions Office by calling the counselor for your area listed on page 13, or by writing HQ USAFA/RRS, USAF Academy, CO 80840-5651. Questions concerning minority students at the Academy can be addressed to the Minority Enrollment Office (USAFA/RRVXM) or by calling (719) 472-2233. You are also encouraged to contact your high school counselor for the names of our Admission Liaison Officers in your local area or refer to a current Air Force Academy catalog. The Liaison Officers are available to answer your questions, and one of them may be contacting you in the near future.

Escorted tours of the Academy and admissions briefings are given on weekdays during the Academic year. During most summer weekdays only briefings are available. Call the Admissions Office, (719) 472-2233, at least a week in advance to reserve a tour.

Good luck in your pursuit of an appointment to the Air Force Academy.

Sincerely

ROBERT Y. FOERSTER, Colonel, USAF
Director of Admissions

# Application Instructions

## Basic Eligibility

To be eligible for an appointment you must be a United States citizen, unmarried without dependents, have good moral character, be at least 17 and not have passed your 22nd birthday on July 1 of the year you enter. The age requirement is public law and cannot be waived. United States citizenship must be finalized prior to entering the Academy.

## General Instructions

**Our Deadline is January 31, 1992** for sending in applications. We'll evaluate applications postmarked after this date only if you've received a nomination. Please note that most applicants will complete the application (USAFA Form 149) by the beginning of their senior year.

**Do Not Send Us Another Application** if you've already completed a USAF Academy application for the class entering in June 1992, or if you've already completed a USAF Academy Summer Scientific Seminar application for the 1991 program.

**Please Do Not Submit An Incomplete Application.** If we can't make a complete evaluation because of missing information, your application will be delayed, possibly reducing your chances of receiving an appointment. **Items labeled "REQUIRED," as indicated in the instructions below, are necessary for a complete application.**

**Extracurricular Activities Apply to Grades 10-12 Only.** We've restricted this to be fair to all applicants.

**Mail Your Application As Soon As Possible.** Mail to the Office of Admissions, HQ USAFA/RRS, USAF Academy, CO 80840-5651.

**Use #2 Pencil Only.** This form is machine scanned, so carefully fill each appropriate oval, without extending your marks outside the oval boundaries. **Please fold the form down the center only. Thank you!**

## Side One Instructions
**(Note Items Labeled REQUIRED)**

**Item 1 is REQUIRED.** Print your full **LEGAL** name in the left hand block. Your nickname goes in the right hand block.

**Item 2 is REQUIRED.** Print **YOUR** Social Security Account Number (SSAN) in the square boxes at the top of each column and fill-in the matching numbered ovals. Note, if you do not have an SSAN, you can get one at your local Social Security Office. Remember, we can't process your application without your SSAN.

**Item 3.** Self-explanatory.

**Item 4 is REQUIRED.** Print your mailing address (where you wish us to send your mail).

**Item 5.** If your permanent address is different from your mailing address, print your permanent address here.

**Item 6.** Print your high school or prep school name and address.

**Item 7.** Self-explanatory.

**Item 8.** Self-explanatory.

**Item 9.** Optional (mark only one block).

**Item 10.** If you are attending or have attended a prep school or college, **AFTER** high school, mark the appropriate oval.

**Item 11 is REQUIRED.** Print the name, congressional district and state of the U. S. Representative you are asking for a nomination.
**NOTE:** This isn't your Senator. You may check with your Representative for the district number. See pages 4-7 in this booklet for nomination instructions and sample letters. Remember, **YOU** must request a nomination directly from your U.S. Representative, both U.S. Senators and the Vice President.

**Item 12 is REQUIRED as Soon as Possible (Do NOT Use Percentiles).** We will process your application without test scores, but we can't evaluate your potential to become a candidate until we receive them. If you haven't taken any of these tests, see your high school counselor for help in registering for the next test date. **We'll accept new test scores until March 1, 1992.** Be sure to ask the test center to send your SAT or ACT scores to the Academy. Our institutional code numbers are listed in the **"Required Academic Tests"** paragraph.

**Item 13.** Self-explanatory.

**Item 14.** If uncorrected vision is 20/20, or better (i.e. 20/15), then mark the oval yes.

**Item 15.** If you received a nomination, or our "Instructions to Candidates" booklet (which included requests for transcripts and other forms) last year, mark the oval yes.

**Item 16 is REQUIRED.** Check with your school counselor for proper code.

**Item 17 is REQUIRED as Soon as Possible (Prefix with Zeros if Necessary).** If your school doesn't rank order students, high school transcripts and profile are **REQUIRED** in addition to class size and GPA. See your school counselor for this information. Indicate your GPA *only* if it is based on a four-point scale.

**Item 18 is REQUIRED.** Enter your actual or projected year of high school graduation, or year of GED certificate.

**Item 19 is REQUIRED.** If your birthday falls during the first 9 days of the month, prefix it with a zero (i.e. 03). Age eligibility requirements are listed on page 1 of this booklet.

**Item 20.** Leave blank.

## Side Two Instructions

We use these questions to compute your Extracurricular Composite, so be sure you've checked all items for which you deserve credit. We restrict these items to grades 10-12 only to be fair to all applicants. Please keep two things in mind. First, we can't list all possible activities, so if you've done something which isn't listed, put it in the remarks section, especially if it included responsibility, leadership or some unique indication of achievement. Be specific, give us details, and **keep us updated.** Second, if you've been involved in substantial extracurricular activities **after high school** (won awards, etc.) let us know by separate letter (attached to this form, if possible). If your school doesn't offer organized sports or most of these extracurricular activities, be sure to note this in the remarks section. Also, let us know if frequent moves, distance from school or illness has substantially hindered your participation.

**Item 1.** Self-explanatory.

**Item 2.** Do not include one-time events or games.

**Item 3.** These positions include student council representatives and class officers as well as school officers.

**Item 4.** Self-explanatory.

**Item 5.** Generally speaking, this would be the highest possible recognition awarded by the particular community organization.

**Item 6.** This does not include summer jobs.

**Item 7 is REQUIRED.**

## Required Academic Tests

**Registration Postmark Deadlines** are approximately six weeks prior to the SAT test dates and four weeks prior to the ACT test dates. All test dates may not be available in New York due to state laws. Check with your high school for complete instructions. **The SAT code number for the Air Force Academy is 4830 and the ACT code number is 0530.** Enter them on your registration form.

**NOTE:** You'll be **required** to present **photo I.D.** such as driver's license, school I.D., or passport at the test center. I.D. without a photo will **not** be accepted unless you can be **personally** recognized by test supervisory personnel. If you have any questions about acceptable identification, contact ACT Test Administration, P.O.Box 168, Iowa City, Iowa 52243; for the SAT, contact the College Entrance Examination Board, P.O.Box 6200, Princeton, NJ 08541-6200.

| SAT: | May 4, 1991 | ACT: | Apr 13,1991 |
|---|---|---|---|
| | Jun 1, 1991 | | Jun 8, 1991 |
| | Nov 2, 1991 | | Oct 26,1991 |
| | Dec 7, 1991 | | Dec 14, 1991 |
| | Jan 25, 1992 | | Feb 8, 1992 |

# Application Evaluation

We use this application as a guide to inform you of your potential to qualify for admission to the Academy. We'll revise this initial evaluation as you send us additional information. We consider your prior academic record, admission test scores, and extracurricular activities. We base minimum qualifying standards on our experience with previous classes.

## Admissions Factors

**Prior Academic Record (PAR).** This measures classroom performance based on GPA or high school rank in class. An above average college record may offset a poor high school record.

**Test Scores (ACT or SAT).** PSATs and PACTs are considered only in this initial application phase. The minimum qualifying levels for PSATs are 50 verbal and 55 mathematics or 21 composite for PACTs. Your PSAT and/or PACT scores will be replaced by ACT or SAT scores. Take the ACT and/or the SAT immediately and have your scores sent to the Academy. You can retake them as often as you wish. We use your highest individual scores from either test.

**Academic Composite Score.** The academic composite score is a combination of PAR and either PSAT, PACT, SAT, or ACT scores. A low PAR and low test scores, even though they meet the minimums, will usually result in an academic composite score below our qualifying level.

**Extracurricular Composite Score.** The extracurricular composite score measures your activities in high school, community service and work. Very low participation may result in a score which is below our qualifying level.

**Weighted Composite Score.** This composite score combines the academic composite and extracurricular composite scores. A relatively low score in either component may be disqualifying. This score measures an applicant's overall potential to succeed at the Academy. **It's translated into an overall competitive rating which is then furnished to your Members of Congress. They may use this rating in their nomination decisions.**

If you meet our minimum admissions standards based on this application, you'll become a tentative candidate, receive a catalog and be sent an "Instructions to Candidates" booklet in the fall of your senior year. You'll also be scheduled to take the Candidate Fitness Test (CFT) during your senior year and a medical examination, possibly as early as this summer. Specific preparation guidelines for the CFT events are listed on pages 8-11 of this booklet.

**NOTE: Being a tentative candidate doesn't guarantee a nomination or an appointment. Competition for nominations is very keen and offers of appointment will be made only to the most qualified official candidates who have received a nomination. In conclusion, to be competitive for an appointment, you should strive to earn at least the average scores presented, obtain a nomination, be active in extracurricular activities, and complete the CFT and medical exam satisfactorily.**

| Scores | Minimum Qualifying Level | Mid-50% Range* | Average |
|---|---|---|---|
| PAR(Rank in Class) | Top 40% | Top 6% - Top 1% | Top 3% |
| AND | | | |
| Enhanced ACT | | | |
| English | 24 | 27-30 | 28 |
| Mathematics | 25 | 28-32 | 30 |
| Reading | 24 | 29-32 | 30 |
| Science Reasoning | 25 | 30-33 | 31 |
| OR | | | |
| SAT Verbal | 500 | 530-620 | 575 |
| SAT Math | 550 | 620-710 | 655 |

*** These are the scores of the middle half of the cadets entering the Academy.**

# Nomination Categories

Completion of our application is only the first stage in the admission process for the Academy. Before you can be considered an **official** candidate for an appointment, you must obtain a nomination in one of the authorized nominating categories listed below. If you have not already applied for a nomination, do so **immediately.** To increase your chances of receiving an appointment, you should apply in all categories in which you are eligible.

The Vice President, each U.S. Senator and U.S. Representative is authorized to have a maximum of five cadets attending the Academy at one time. For each cadet vacancy that occurs, the Member of Congress may nominate up to ten candidates to be considered for appointment.

## Congressional Nominations

You should request a nomination from both of your U.S. Senators and your U.S. Representative. Follow the application format on page 6 of this instruction booklet. You must be a legal resident of the state or congressional district in which you are applying, but it is not necessary to know your Member of Congress personally. They want to nominate outstanding individuals who will have the best chance to qualify for an appointment.

**Each congressional office has its own procedures and close-out dates for accepting nomination requests. Most congressional offices prefer that you contact them in the spring or summer of the year before you desire to enter the Academy. Some offices will accept requests through the fall. Members of Congress may submit their nominations to the Academy as late as January 31; however, the majority of nominations are received before this deadline.** If selected for a nomination, you will likely receive a notice from the Member of Congress first. After the Member of Congress has submitted the nomination to the Academy, the Admissions Office will send you an official notice of candidacy.

## Vice-Presidential Nominations

The Vice President of the United States may nominate candidates from the nation at large. (All applicants are eligible.) If you wish to request a nomination from the Vice President, follow the format on page 6, and submit your request **no later than October 31 to:** The Vice President, Old Executive Office Bldg, Washington, D.C. 20501. **Do not mail your request for a Vice Presidential nomination to the Academy.** The Academy will make recommendations to the Vice President, based upon your admissions record.

## Military-Affiliated Nominations

If you are eligible to apply in the Presidential, Children of Deceased or Disabled Veterans, or Children of Medal of Honor Recipient categories, use the format on page 7 of this booklet. If your eligibility is in either of the other categories, submit the paperwork described in that particular category. **Our deadline is January 31.**

**Presidential.** There are unlimited nominations, but only 100 appointments available annually in this category. Vacancies allocated to the President of the United States have been reserved for children of career military personnel. This includes enlisted, warrant, and commissioned members of regular and reserve components who are on active duty (other than for training) and who have served continuously on active duty for at least eight years; and military retirees either living or deceased who have received retired or retainer pay. Children of reservists who retired while not on active duty are not eligible. For adopted children, the adoption proceedings must have begun before their 15th birthday.

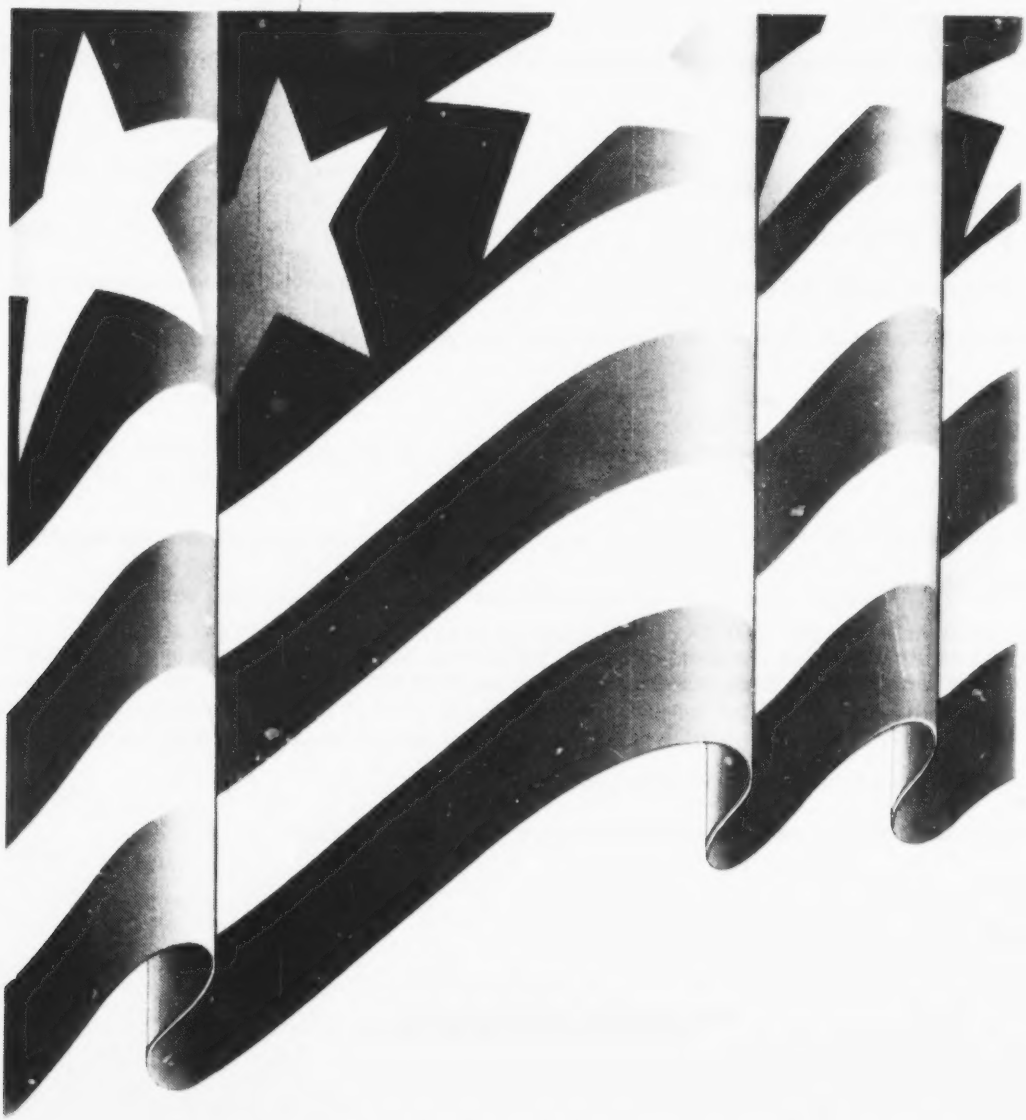
**Children of Deceased or Disabled Veterans.** No limit to nominations, but appointments authorized in this category are limited to 65 cadets at the Academy at one time. Vacancies have been reserved for the children of deceased or 100% disabled armed forces veterans whose death or disability was determined to be service connected; or children of military personnel or federally employed civilian personnel who are in a missing or captured status. If you are eligible in this category, you will **NOT** be considered in the Presidential category.

**Children of Medal of Honor Recipients**. Vacancies have been reserved without appointment limit for the children of Medal of Honor recipients who served in

any branch of the armed forces. If applicants meet the eligibility requirements and qualify on entrance exams, they will be appointed to the Academy.

**Air Force Regular and Reserve Components.** There are unlimited nominations, but only 170 appointments are available annually in this category. Vacancies are available for enlisted members of regular and reserve components of the Air Force. Air Force Regulations 53-10 and 53-14 give complete instructions for applying. Applicants in this category must submit AF Form 1786 through their unit commander for an endorsement, to their CBPO for availability code assignment, and then to the Academy Admissions Office.

**Honor Military Schools and Air Force ROTC.** There are twenty appointments total for all categories. Honor military schools are designated by the Department of the Army and Navy to nominate Academy candidates annually from among their honor students. Each school may nominate five candidates to compete for the vacancies. Students should apply to their school for the nomination. Members of college and high school Air Force Reserve Officer Training Corps (AFROTC and AFJROTC) units may also apply in this category. Five students from each detachment may be nominated to compete for the authorized vacancies. Students should apply for a nomination to their professor of aerospace studies or aerospace science instructor who will recommend nominees to the head of the institution.



## FORMAT OF REQUEST FOR CONGRESSIONAL OR VICE PRESIDENTIAL NOMINATION

(This is intended as a guide. A separate letter must be sent to the Vice President, and to each Senator and Representative to whom you apply.)

Date

Honorable (Name of Appropriate Authority)
House of Representatives OR United States Senate
Washington, DC 20515 OR Washington, DC 20510
OR
The Vice President
Old Executive Office Bldg
Washington DC 20501

Dear (Mr./Mrs./Ms. Name) OR Dear Senator (Name) or Mr. Vice President

I want to attend the Air Force Academy and to serve in the United States Air Force. I request that I be considered as one of your nominees for the class that enters the Academy in June 1992.

My pertinent data is:

Name (print name exactly as it appears on the birth certificate, or if legally changed, attach a copy of the court order):

Social Security Number:

Permanent address (street, city, county, state, zip code):

Temporary address (if applicable):

Permanent phone number and area code:

Temporary phone number and area code (if applicable):

Name of father:

Name of mother:

Date and place of birth (spell out month):

Name and address of high school:

Date of graduation:

Approximate grade point average (GPA); rank-in-class; and PSAT, PACT, ATP (SAT) and ACT if you have taken these tests. Include verbal and math scores for the PSAT and ATP (SAT) tests; and English, math, reading, and science reasoning for the ACT test and PACT composite.

Extracurricular activities:

Reasons for wanting to enter the Air Force Academy:

Thank you for considering me as one of your nominees to the Air Force Academy.

Sincerely

Signature

**FORMAT OF REQUEST FOR MILITARY-AFFILIATED NOMINATION**

(Use this format for any of these categories: Presidential,
Children of Deceased or Disabled Veterans,
or Children of Medal of Honor Recipients.)

Date

Director of Admissions
HQ USAFA/RR
USAF Academy, CO 80840-5651

Dear Sir

I want to attend the Air Force Academy and to serve in the United States Air Force. I request a nomination under the (name of appropriate category) for the class that enters the Academy in June 1992.

My pertinent data is:

Name (print name exactly as it appears on the birth certificate, or if legally changed, attach a copy of the court order):

Social Security Number:

Permanent address (street, city, county, state, zip code):

Temporary address (if applicable):

Permanent phone number and area code:

Temporary phone number and area code (if applicable):

Date and place of birth (spell out month):

If member of military, include rank, regular or reserve component, branch of service, and organizational address including PSC Box Number:

If previous candidate, indicate year:

Parental information--name, rank, social security number, component and branch of service:

If your parent is on active duty, attach a statement of service dated and signed by current personnel officer specifying all periods of active duty and any breaks therein. If your parent is retired or deceased, attach a copy of the retirement orders or casualty report; include Veterans Administration (VA) claim number and VA office where the case is filed, if appropriate; include brief statement with date and circumstances of Medal of Honor award, if appropriate.

Sincerely

Signature

# Candidate Fitness Test Preparation Guidelines

Following this schedule will help you prepare for the CFT. However, there is no guarantee it will enable you to satisfy USAFA physical fitness requirements.

## Pull-Ups

| | Minimum | Maximum | Average |
|---|---|---|---|
| Male Scores: | 3 | 22 | 10 |
| Female | 1 | 12 | 2 |

PROPER STARTING POSITION — ARMS FULLY EXTENDED

PROPER PULL- UP — CHIN ABOVE THE BAR

**Description:**

1. May perform at your own speed.
2. Grip -- palms away from face.
3. Start with a straight-arm hang.
4. Pull your body upward to chin-above-bar position.
5. Let down to a fully extended position.

**Rules:**

1. No resting allowed between pull-ups.
2. Feet must not touch the floor.
3. No swinging allowed.
4. No kicking allowed.
5. Stopping to gain a better grip is allowed.
6. Stop upon reaching maximum.

**Recommended Training Program:**

**Warm-up Exercises** -- as a minimum

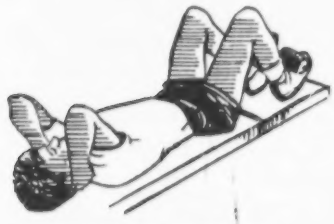
1. **Jumping-Jacks** -- fifteen.
2. **Swinging Arms** -- in a wide circular motion, thirty seconds in one direction and thirty seconds in the other direction.
3. **Running in Place** -- two minutes.
4. **Body Flexing Movements** -- fifteen. From a sitting position touch toes, keeping knees straight.

**Low-Bar Pull-up:** The bar should be low enough that you can reach up and grasp it with your elbows slightly flexed. Pull yourself up the rest of the way. At first, you may need to keep your palms turned towards your body. Later, as you gain strength, you should turn the palms away from the body, as in the CFT.

| | **To Prepare for the Minimum Score** | **To Prepare for the Average Score** | |
|---|---|---|---|
| | | **Males** | **Females** |
| **Week** | **Low-Bar Pull-Ups** | **CFT Pull-Ups** | **CFT Pull-Ups** |
| 1st | 10/Day | 6/Day | 1/Day |
| 2nd | 20/Day | 7/Day | 2/Day |
| 3rd | 30/Day | 8/Day | 2/Day |
| 4th | 40/Day | 9/Day | 3/Day |
| 5th | 50/Day | 10/Day | 3/Day |
| 6th | 50/Day | 11/Day | 4/Day |

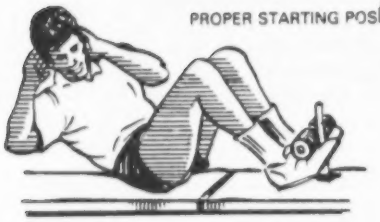
## Sit-Ups

| | Minimum | Maximum | Average |
|---|---|---|---|
| Male Scores: | 39 | 99 | 73 |
| Female Scores: | 36 | 94 | 70 |



PROPER STARTING POSITION

PROPER TOUCH OF ELBOW TO KNEE



IMPROPER TOUCH OF ELBOW TO KNEE

**Description:**

1. Two-minute period.
2. Starting position -- lying flat on back, legs flexed, feet comfortably apart and held in place.
3. Hands placed on back of head with fingers interlocked.
4. Sit up to touch elbow to opposite knee.
5. Return to starting position.

**Rules:**

1. Resting is allowed in the up position.
2. Head must touch the mat before sitting up again.
3. Fingers must remain interlocked and in contact with the head throughout the sit-up.
4. Arching the back is not allowed.
5. Stop after reaching maximum if within two minutes.

**Recommended Training Program:**

**Warm-Up Exercises** -- Perform the exercises under **"Pull-Ups Recommended Training Program."**

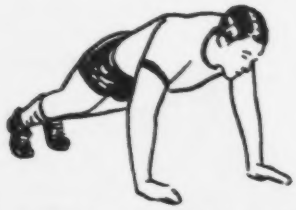
| Week | To Prepare for the the Average Score Sit-Ups |
|---|---|
| 1st | 60/Day/2 Minutes |
| 2nd | 63/Day/2 Minutes |
| 3rd | 66/Day/2 Minutes |
| 4th | 68/Day/2 Minutes |
| 5th | 70/Day/2 Minutes |
| 6th | **/Day/2 Minutes |

**** -- Do the number of sit-ups required for the average score for your sex.**

## Push-Ups

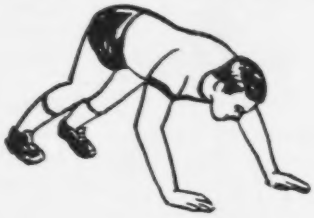
| | Minimum | Maximum | Average |
|---|---|---|---|
| Male Scores: | 11 | 85 | 40 |
| Female Scores: | 4 | 50 | 25 |

PROPER STARTING POSITION



PROPER RAISED POSITION

IMPROPER BODY ALIGNMENT



IMPROPER BODY ALIGNMENT

**Description:**

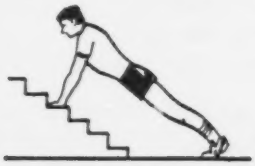
1. Two-minute period.
2. Starting position
   -lying face downward,
   -hands on floor directly under the outside points of the shoulders,
   -fingers pointed forward,
   -toes resting on floor.
3. Raise your body by straightening arms.
4. Keep body straight from shoulders to heels.
5. Weight of body must rest on hands and toes.
6. Lower body until chest touches floor.

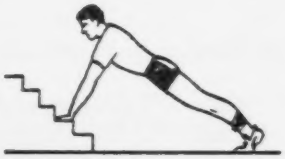
**Rules:**

1. No resting allowed.
2. You may change the position of your hands.
3. Stop after reaching maximum if within two minutes.

### Recommended Training Program:

**Warm-Up Exercises** -- Perform the exercises under **"Pull-Ups Recommended Training Program."**





KNEE FLOOR PUSH-UP

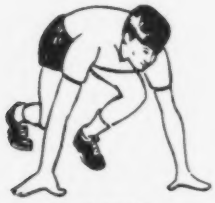
HIGH ANGLE STAIR PUSH-UP

LOW ANGLE STAIR PUSH-UP

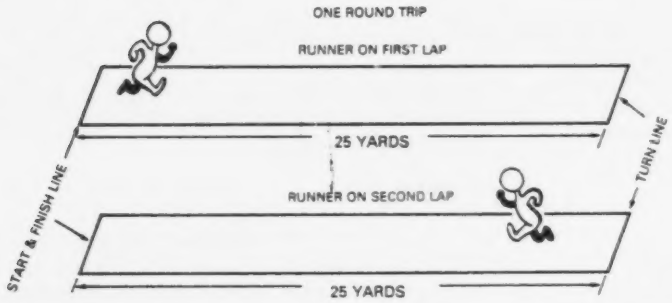
| | To Prepare for the Minimum Score | | | To Prepare for the Average Score | |
|---|---|---|---|---|---|
| | Knee Floor | High Angle Stair | Low Angle Stair | Male | Female |
| Week | Push-Ups | Push-Ups | Push-Ups | Week CFT Push-Ups | CFT Push-Ups |
| 1st | 5/Day | X | X | 1st 31/Day/2 Minutes | 16/Day/2 Minutes |
| 2nd | 10/Day | X | X | 2nd 34/Day/2 Minutes | 18/Day/2 Minutes |
| 3rd | X | 5/Day | X | 3rd 38/Day/2 Minutes | 20/Day/2 Minutes |
| 4th | X | 10/Day | X | 4th 41/Day/2 Minutes | 22/Day/2 Minutes |
| 5th | X | X | 5/Day | 5th 44/Day/2 Minutes | 24/Day/2 Minutes |
| 6th | X | X | 10/Day | 6th 47/Day/2 Minutes | 26/Day/2 Minutes |

## Shuttle Run

| | Time Limit | Average Time |
|---|---|---|
| Male Scores: | 65 seconds | 60 seconds |
| Female Scores: | 79 seconds | 68 seconds |



THE START




**Description:Three Hundred Yard Shuttle Run**

1. You must run six round trips (12 complete laps) between two turning lines. You may use a sprint start with hands on, but not over, the tape designated as the starting and finishing line. The watch is started exactly on the word "go," and stopped exactly as you run past the finish line.

**Rules:**

1. Turns are made by pivoting on one foot at the turning lines.
2. Hands may touch the floor on turns.
3. You must stay within a 5-foot wide lane.

**Recommended Training Program:**

**Warm-Up Exercises** -- Perform the exercises under **"Pull-Ups Recommended Training Program."**

**Deceleration Turn** -- Ask your coach or physical education teacher to counsel you regarding this exercise.

In order to increase your efficiency in negotiating a turn in the shuttle run, practice decelerating in the shortest distance possible so as to turn sharply and begin reaccelerating.

**Note:** Remember in the shuttle run, you are required to turn eleven times. Pace and efficiency in turning as well as speed and endurance are important.

| Week | Number of Deceleration Turn Exercises | Number of CFT Type Shuttle Runs |
|---|---|---|
| 1st | 5/Day | 2/Day |
| 2nd | 5/Day | 2/Day |
| 3rd | 10/Day | 3/Day |
| 4th | 10/Day | 3/Day |
| 5th | 10/Day | 4/Day |
| 6th | 10/Day | 4/Day |

**Try for the best time and improve your coordination.**

# Medical Examination and Waivers

## Scheduling

The Department of Defense Medical Examination Review Board (DODMERB) will send you specific scheduling instructions. The examination will be as near to your home as possible. **Call DODMERB immediately after hearing from them as their earliest available exam date will normally be in 30 days.** This delay, plus 60 days for completion and possibly another 30 days for a waiver, can result in a **four-month process** for applicants! Please meet the scheduled date. If you can't, immediately call DODMERB **and** the medical examining facility; DODMERB will schedule a new date. If you've had a service academy qualifying medical examination since July 1, 1990, you may not need a complete examination. DODMERB will provide you with instructions for updating your medical status.

## Evaluations

The examining facility forwards your medical examination results to DODMERB for evaluation. If additional medical information is required, DODMERB will tell you. **DODMERB is independent of the Air Force Academy and is NOT aware of your admissions qualifications. So, you may be asked to complete additional medical examinations even though ultimately you may not be offered an appointment.** Complete all required remedial action and/or consultations promptly and forward the reports to DODMERB. (The candidate must pay fees for most services performed by civilian doctors.) Do not rely on any statements made by the examining physician concerning your status. **Letters from DODMERB are your only official status. If you DO NOT receive a final status letter within 60 days after completing your medical examination, including requests for remedial information, contact DODMERB immediately at (719) 472-3562.** Medical status inquiries sent to the Admissions Office will only cause delays.

## Waivers

If you've taken your DODMERB physical and are medically disqualified, you may (1) rebut DODMERB's findings at your own expense by sending them additional medical evidence, or (2)write to us and request a waiver. The Academy Command Surgeon may grant a limited number of medical waivers. Send all requests for waivers to the Admissions Office well **before April 1, 1992.** Your medical records will be reevaluated only if you wouldn't otherwise be disqualified for admission and would be competitive for an appointment. We'll let you know if your request will be processed. If it is, DODMERB may require additional tests or evaluations. These **may** be obtained at a government facility. DODMERB will contact you if your medical status changes because of the reevaluation. Remember, **no one else can request a waiver for you and it normally takes at least 30 days. We can't process waivers until September.**

## Medical Notes

(1) Only the Air Force requires a cycloplegic eye exam to determine pilot qualification. Be sure and ask if your examining facility will do it. If you were scheduled by DODMERB through another service academy first, this exam may have to be done later at your expense. (2) You must be off all acne medication for 30 days, and hard contacts must be out 21 days prior to taking your medical exam. (3) You can't be undergoing active orthodontic treatment when you enter the Academy. (4) Radial keratotomy is disqualifying and will not be waived. (5) Only male candidates may request a medical waiver to become pilot qualified. (Female candidates compete for appointments on an equal footing, whether or not they are pilot qualified medically.) Don't request a waiver unless you're "close" to meeting the pilot standards found in our catalog. (6) Candidates who withhold obviously disqualifying medical information will be disenrolled and won't be eligible to reapply for the Academy. Other commissioning sources, such as ROTC, may ask why the cadet was disenrolled. (7) Use good judgement when listing medical problems. Be sure you **REALLY** had an asthma attack or allergic reaction. List the full circumstances, medical treatment received and age during each episode.

## Applicant Time Table

| | |
|---|---|
| August 1 to January 31: | Contact your Member of Congress for a nomination. Each may have a different deadline. Apply in all categories for which you may be eligible. |
| October 31: | Deadline for nomination requests sent to the Vice President. |
| January 31: | Deadline for the Academy to receive applications. Deadline for Military Affiliated nomination requests. |
| March 1: | College Admissions Tests must be received by this date. |

## Contacting Your Admissions Counselor

When writing to the Admissions Office please address your inquiries to the appropriate geographical area listed below. When calling, please have your SSAN ready. We use the SSAN to look up your record on our computer system.

| If Your Mailing Address Is In: | If Your Last Name Begins With: | Your Counselor Is: |
|---|---|---|
| **Northeast (Area 1)** | | |
| CT, DC, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VT, APO NY, Europe, Africa, Middle East | A-K | Mrs. Bev Ronchetti (719-472-3801) |
| | L-Z | Ms. Cheryl Chavez (719-472-3801) |
| **Southeast (Area 2)** | | |
| AL, FL, GA, KY, MS, NC, SC, TN, VA, WV, Puerto Rico, Bahamas, Canal Zone, APO Miami | A-K | Mr. Rick Batykefer (719-472-3802) |
| | L-Z | Mrs. Marda Doan (719-472-3802) |
| **North Central (Area 3)** | | |
| IL, IN, IA, MI, MN, MT, NE, ND, SD, OH, WI, WY, Canada | A-K | Mrs. Q. C. Wiiliams (719-472-3803) |
| | L-Z | Mrs. Ovis Rosales (719-472-3803) |
| **South Central (Area 4)** | | |
| AR, CO, KS, LA, TX, NM, OK, MO, Central and South America | A-G | Mrs. Lil Anaya (719-472-3804) |
| | H-N | Mrs. Kim Land (719-472-3804) |
| | O-Z | Ms. Myrna Malone (719-472-3804) |
| **West (Area 5)** | | |
| AZ, AK, CA, HI, ID, NV, OR, WA, UT, Guam, APO and FPO SF and Seattle, Pacific, Asia, Australia, and all International Students | A-G | Mr. Bill Martinez (719-472-3805) |
| | H-N | Mrs. Donna Najar (719-472-3805) |
| | O-Z | Mr. Jesus Olivares (719-472-3805) |

If you can't reach your counselor directly, call (719-472-2520).

☆U.S. GOVERNMENT PRINTING OFFICE: 1990-573-791/45027

## Commitment

When you arrive at the Academy, you will be asked to take the Oath of Allegiance and sign an agreement that you will fulfill the following obligations:

a. Complete the course of instruction at the Academy and serve on active duty as a commissioned officer in the Regular Air Force for at least six years after graduation.

b. If authorized to resign as a regular officer before the eighth anniversary of your graduation, accept an appointment as a reserve officer in the Air Force reserve component until that eighth anniversary.

c. The active duty commitment for those disenrolled prior to graduation varies according to the manpower needs of the Air Force and the number of years the cadet has attended the Academy. However, freshmen and sophomore cadets will ordinarily be completely relieved from all military duty, active or reserve.

Failure to perform the required period of active duty may incur a liability to reimburse the United States government for an appropriate portion of the cost of your Academy education (approximately $21,000 for each year of instruction).

USAFA

AIR FORCE
ACADEMY